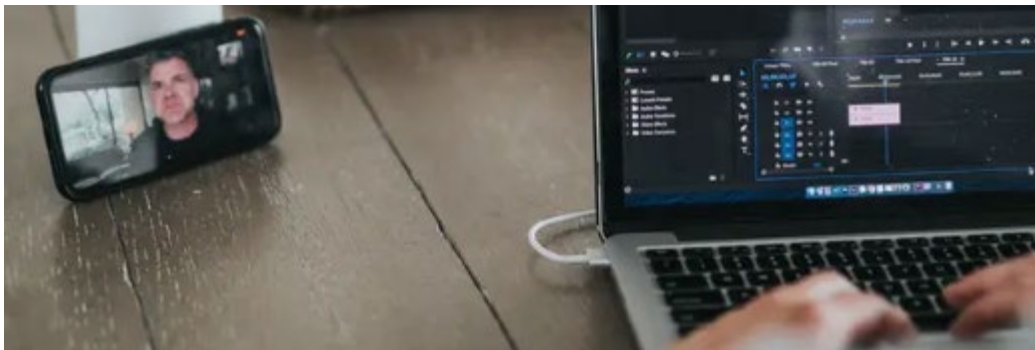


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## **Join SAA's First-Ever Virtual Spondyloarthritis Educational Seminar!**

**Saturday, October 3, from 9:30 AM – 3:00 PM Pacific Time**

We'd like to welcome you to this exciting online event! Please join us, FREE of charge, for two informative presentations on the physical and emotional impacts of living with spondyloarthritis, followed by live Q&A sessions with our guest speakers. Our seminar also features an interactive, moderated discussion with other SpA warriors; an activity lounge with opportunities to try relaxing meditations, get moving with gentle exercises, and chat with fellow seminar attendees; an exhibit hall; and a wealth of resources to help you live better with SpA.

[Learn More and Register!](#)



## **The Shifting Landscape of Numbers: Who has Spondyloarthritis in the U.S.?**

How many people in the U.S. have spondyloarthritis? One might think this would be a simple task – determining an accurate, real-world number; but, as it turns out, that is far from simple.

We reached out to one of our foremost SpA experts to gain a full understanding of what is known, what is unknown, and the gray areas in between. We can't thank him enough for granting us this enlightening interview!

[Read More!](#)



## **Use of TNF Inhibitors Slow Radiographic Progression in Ankylosing Spondylitis**

According to findings from a recent 18-year retrospective study, TNF inhibitor biologic medications help slow the progression of radiographic damage (damage in the spine visible on X-ray) in ankylosing spondylitis. TNF inhibitors have been widely used in patients with ankylosing spondylitis who do not respond sufficiently to non-steroidal anti-inflammatory drugs (NSAIDs). TNF inhibitors reduce inflammation by targeting an inflammation-causing substance called Tumor Necrosis Factor (TNF).

[Read More!](#)



## Key Takeaways of Pain Awareness Month

Just because Pain Awareness Month is winding down next week on Wednesday, September 30 does not mean that you can't still access tips, tools and resources to help you manage chronic pain. You can still get expert advice on topics such as medications, exercise, diet and nutrition, physical therapy, and other complementary treatments throughout the year. Plus, we'll be featuring a special interview with Actor Kodi-Smit McPhee in the upcoming week. So, be sure to check out our [Pain Awareness Month web page!](#)

[Learn More!](#)



## Your Stories: Diversion Therapy

I don't like having Ankylosing Spondylitis. It's a crummy affliction. It hurts and makes my life miserable, painful, and then I resort to profanity. No really, I literally use every bad word I know and for a very good reason. Let me explain. When I tell people I have Ankylosing Spondylitis (AS), a particular variety of immune-mediated arthritis, I carefully explain to them it's not fatal, it just feels that way sometimes. AS is a harsh, unrelenting disease, that demands strong medicine, and I may have figured out a pain relief regimen that actually works.

[Learn More!](#)



## BlowUpRadio Presents an Online Concert to Benefit SAA!

Tune in to BlowUpRadio.com from October 16th through the 18th to hear over 50 live rock performances! This is BlowUpRadio's 13th annual benefit for SAA, "Banding Together." Our big thanks to BlowUpRadio, and all of the bands lending their time and talent in support of the spondyloarthritis community!

[Learn More!](#)



## **New Address. Same Dedication and Commitment.**

After more than a decade at 16360 Roscoe Blvd. in Van Nuys, CA, the Spondylitis Association of America has moved. It's a big change and an important one for the SAA team and our SpA community.

Change is inevitable. Sometimes change can be small and incremental. Other times, it can be rapid and transformational. When the SAA staff began working remotely back in March in response to the challenges of the current COVID-19 pandemic, we not only examined how to seamlessly continue to serve our SpA community while working remotely but also how to be fiscally prudent stewards of our resources. We believe that we have found the solution to both by relocating to our new office space at 16430 Ventura Blvd. in Encino, CA.

While most of our team will continue to work remotely for the foreseeable future, a limited number of SAA's staff has already begun working at our new office in Encino. The natural light and blue walls with the SAA logo have been a great boost for team morale. It reminds us of the heart and spirit of our team and our community.

We look forward to this next chapter in our story and remain committed to continuing to provide the resources, support, and education that our community has come to expect and deserves. As always, please reach out to us via phone and email with questions or concerns.



## Support SAA by starting your shopping at [smile.amazon.com](https://smile.amazon.com)

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Spondylitis Association of America whenever you shop on AmazonSmile.

[Shop Today!](#)



## SAA's Spondylitis Educational Support Groups Now Meeting Online

Social isolation isn't easy for anyone, but we know it's taking an extra toll on those of you in the spondyloarthritis community who may feel even more anxious and alone. Now more than ever, we invite you to join a support group – virtually! Many SAA support groups are moving online to protect members' health and safety amid COVID-19, and because we're trading physical meeting locations for the digital world, you can join a group that might previously have been too far away! Support groups provide information, resources, and importantly, social connection at a time when social distancing is our new normal. Look for a support group you'd like to join, and reach out to learn how to become part of the community.

[Learn More!](#)

## COMBINED FEDERAL CAMPAIGN

SAA participates in the **Combined Federal Campaign** – the largest and most successful annual workplace charity campaign. Simply enter CFC code **#89466** on your pledge card during your agency's fund drive, or contact your Human Resources Department or the Office of Personnel Management ([www.opm.gov](http://www.opm.gov)).

Please contact us if you have given anonymously through CFC so you can continue to receive SAA member benefits.

Email [hhart@spondylitis.org](mailto:hhart@spondylitis.org) or call 818-855-2109.



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